

HAND FOOT AND MOUTH DISEASE GUIDELINES DURING OUTBREAKS OR
SUSPECTED OUTBREAKS AT CHILD CARE FACILITIES

Dear Child Care Provider:

Either an Outbreak or a Suspected Outbreak of Hand, Foot, and Mouth Disease (HFMD) caused by the *Coxsackievirus* or a *Enterovirus* is occurring at your child care facility. This facility must follow these guidelines until the WCHD (Washoe County Health District) notifies the center otherwise.

1. **EXCLUSION CRITERIA:** Be especially on the lookout for rashes and fevers. It is the child care provider's responsibility to exclude children who are diagnosed or are suspected of having HFMD. Review the WCHD Infectious Diseases in Childcare Settings and Schools Manual (section 6): *Hand, Foot, and Mouth Disease* information sheet available on the website at: <http://www.washoecounty.us/health/idcss/main.html#sec6>. A parent fact sheet is also available at that website. Please distribute the parent fact sheet to all families associated with your facility/outbreak. A note from a Health Care Provider cannot be used as a substitute for these exclusionary criteria. If the parent/guardian calls stating the child is sick, document the date of the call. Then determine if the symptoms fit the exclusionary criteria for HFMD. If the symptoms do fit the criteria inform the parent/guardian of the exclusion and readmission requirements for their child.
2. **RE-ADMITTANCE CRITERIA:** Individuals diagnosed or suspected of having HFMD must be excluded from this child care facility and may not be admitted to another child care facility. Such excluded children shall not be re-admitted to the child care facility until all three of the following occur: 1) they have no fever for 24 hours after discontinuing the use of any fever reducing medication(s), and; 2) all lesions are dry or have scabbed over and 3) no new lesions have appeared for 24 hours. It is the administrator of the child care facility's responsibility to monitor these time lines so children are not returned earlier than allowed under this re-admittance criteria. **A health care provider's note cannot be used to gain admittance for a child into the child care facility if the child does not meet the re-admittance criteria.**

OTHER REQUIRMENTS WHEN DEALING WITH A KNOWN OR SUSPECTED
OUTBREAK OF HFMD:

- A. Isolation of Ill Children.
 - a. Children who meet the exclusion criteria must be immediately isolated into a separate area and their parent(s)/ guardian(s) immediately called to pick up the child.
- B. No Co-Mingling of Classrooms/Play Areas and Avoiding Close Contact.

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- a. Do not co-mingle classrooms or transition children from one classroom to another as this may spread the infection to additional rooms
- b. Avoid close contact (e.g. hugging, sharing utensils, cups and toys) with other children.

C. Health Check.

- a. As is customary and the usual every day practice for child care staff member(s) they evaluate the health and wellness of each child, to the best of their ability. The health checks includes:
 - i. Reported or observed illness or injury affecting the child or family members since the last date of attendance.
 - ii. Reported or observed changes in behavior of the child (such as lethargy or irritability) or in the appearance (e.g., sad) of the child from the previous day.
 - iii. Skin rashes.
 - iv. Temperature check if the child appears ill.
- b. In an outbreak situation, staff must actively ask parent(s)/guardian(s) when children are dropped off to ensure children have no signs or symptoms.

D. Mandatory Information to Give Parents.

- a. Distribute the Washoe County Health District's *Atypical Hand, Foot, and Mouth Disease Caused by Coxsackievirus A6 (CVA6)* fact sheet and parent letter to all parents/guardians. In addition, inform the parents and or guardians to be on heightened alert since cases or suspected cases of HFMD have appeared at this child care facility.

E. Washing, Rinsing, and Disinfecting.

- a. For disinfecting, use 1000ppm bleach/water solution (½ cup of bleach to 1 gallon of water) prepared fresh daily.
- b. Wash, rinse, then disinfect frequently touched (high touch) surfaces (doorknobs, changing tables, etc.)
- c. Wash, rinse, then disinfect all common areas before and after use and before another group uses the area, such as shared areas, play areas, common rooms and playground equipment.
- d. Wash, rinse, then disinfect objects and surfaces thoroughly (toys, equipment, etc.) at least once a day.
- e. Wash, rinse, and then disinfect after each use all of the following: 1) all objects that are mouthed; 2) diaper changing tables, and; 3) toilet seats.
- f. Have carpets professionally steamed cleaned as soon as possible. And sanitize with bleach solution vinyl floors after cleaning.

F. Handwashing.

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- a. Monitor and ensure frequent handwashing, especially after handling nose and throat discharges, feces and articles soiled therewith (diaper changing tables, toilet seats, wiping nose, etc).

G. Personal Items.

- a. Do not allow children to bring personal items that will be shared with other children such as games, toys, and show and tell items.
- b. Personal belongings, such as linens, must be labeled with the child's name and stored separately from others to prevent cross-contamination.

H. Back-up Caregivers Available.

- a. A plan must be in place at your child care facility so back-up caregivers are available if needed. This will ensure the children are being properly cared for and will also ensure the staff/child ratios, required under the Washoe County Child Care Regulations, are being met.

I. Food Handling.

- a. No direct bare hand contact with food items allowed. Mandatory glove use, tongs, or other utensils are required when directly handling food items.
- b. Do not allow any food brought from child's home to be brought into center for shared celebrations or events.

DURING THE OUTBREAK OR SUSPECTED OUTBREAK THE CHILD CARE ADMINISTRATOR MUST INFORM ALL STAFF MEMBERS OF THESE REQUIREMENTS TO ENSURE PROPER COMMUNICATION SO EVERYONE IS FOLLOWING THESE GUIDELINES. THESE GUIDELINES ARE IN EFFECT UNTIL ALL CHILDREN AND STAFF AT THE CHILD CARE FACILITY ARE SYMPTOM FREE OF THIS DISEASE FOR TWELVE (12) DAYS AFTER THE LAST SUSPECTED CASE OF HFMD OCCURS.

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE HEALTH DISTRICT AT (775) 328-2447.